

# CIGNA's calling

Pick up the phone and take charge of your wellness

## Your next step to better health

You've taken the health assessment, now it's time to take part in wellness coaching by CIGNA. Over the next six months, CIGNA will be reaching out to employees in city CIGNA plans.

They will be calling you to schedule a coaching call. It's important for you to answer the call and follow through on your coaching engagement by March 31, 2012, or else you will be assessed \$25 per-month employee-engagement surcharge beginning May 1, 2012.

## Employees have two options to avoid the wellness coaching surcharge next year:

1

Participate in a CIGNA coaching call, or

2

Sign up for one of four online coaching programs and read three articles



Call  
**800-997-1406**

Press 2 for Health and  
Wellness, then 1 for a  
Health Advocate

Or visit  
**mycigna.com**

- Click on "Manage My Health"
- Choose "My Health Assessment"
- Click the small blue link at the bottom to sign in to the Health and Wellness Center
- Coaching programs are on the bottom right of the screen

## CIGNA's Your Health First at-a-glance facts to know

Who's calling: **Your Health First**

Schedule a coaching call: **800.997.1406**

Caller ID: **CIGNA PHT or CIGNA CORP**

Online coaching programs: **www.mycigna.com**

Hours of operations for scheduled appointments

- Monday - Friday 7 a.m. to 10 p.m. CST
- Saturdays 9 a.m. to 4:30 p.m.

Hours of operations for welcome calls

- Monday - Friday 9 a.m. to 8:30 p.m. CST
- Saturdays 9 a.m. to 2 p.m.

What YHF advocates assist with:

- Managing a chronic condition and identifying triggers
- Creating personal care plans
- Understanding medications or doctor's orders
- Coping with stress
- Quitting tobacco use
- Maintaining good nutrition
- Losing weight
- And much more

YHF tools available upon request:

- Toolkits
- Workbooks for Living with a Medical Condition and Lifestyle Management Programs
- Educational materials
- Various Preference Sensitive Care booklets with DVDs

Online coaching program topics:

- Strength and Resilience
- Energy and Performance
- Feel Better, Look Better
- Sleep Better, Feel Better, Live Better

Additional online wellness resources:

- Educational articles
- Podcasts
- Chronic condition support tool
- Treatment decision support tool

Other things to note:

- You will have one advocate for the extent of your health journey
- Advocates have access to other clinical resources for consultations or referrals



DiscoverHealth

mycigna.com | 800-997-1406  
www.houstonhumanresources.org